What is claimed is:

1. A medical electrical lead, comprising:

a lead body including an elongated insulated conductor and an electrode coupled to the conductor;

a non-rigid tether extending distally from the electrode and including a first end and a second end; the first end of the tether coupled to the lead body; and

a tissue anchor coupled to the second end of the tether; the anchor including a surface for receiving a push force from an insertion tool adapted to insert the anchor within a segment of tissue so that the electrode is positioned in close proximity to the tissue.

2. The medical electrical lead of claim 1, wherein the lead body further includes a lumen extending therethrough and the tether further extends proximally from the electrode through the lumen.

3. The medical electrical lead of claim 1, wherein the tether comprises a portion of the elongated insulated conductor.

4. The medical electrical lead of claim 1, wherein the tether comprises a material selected from the group consisting of nylon, polyester, polypropylene, polyethylene, liquid crystal polymer, silicone and polyurethane.

5. The medical electrical lead of claim 2, wherein the tether comprises a polyester fiber cord.

6. The medical electrical lead of claim 1, wherein the tether forms a helix in between the electrode and the second end of the tether.

7. The medical electrical lead of claim 1, wherein the surface of the anchor extends laterally from the tether.

8. The medical electrical lead of claim 1, wherein the surface of the anchor forms a recess.

9. The medical electrical lead of claim 1, wherein the anchor comprises a bioabsorbable material.

10. The medical electrical lead of claim 1, wherein the anchor comprises a resilient tine member.

11. The medical electrical lead of claim 1, wherein the anchor comprises a substantially spherical member.

12. The medical electrical lead of claim 1, wherein the anchor comprises a substantially conical member.

13. The medical electrical lead of claim 1, further comprising means promoting chronic adhesion of the lead body to the segment of tissue; the means positioned in proximity to the electrode.

14. A medical electrical lead, comprising:

a lead body including an elongated insulated conductor and an electrode coupled to the conductor;

a non-rigid tether extending distally from the electrode and including a first end and a second end; the first end of the tether coupled to the lead body; and

a tissue anchor coupled to the second end of the tether; the anchor including means for receiving a push force from an insertion tool adapted to insert the anchor within a segment of tissue so that the electrode is positioned in close proximity to the tissue.

15. A medical implant system, comprising:

a medical electrical lead body including an elongated insulated conductor and an electrode coupled to the conductor;

a non-rigid tether extending distally from the electrode and including a first end coupled to the lead body and a second end;

a tissue anchor coupled to the second end of the tether; and

an insertion tool adapted to push the anchor into a segment of tissue in order to implant the electrode in proximity to the tissue;

wherein the anchor includes a surface receiving the push from the insertion tool.

16. The implant system of claim 15, wherein the insertion tool comprises a needle including a lumen adapted to slideably engage the lead.

17. The implant system of claim 16, wherein the needle further includes an protrusion extending into the lumen and interfacing with the surface of the anchor to push the anchor.

18. The implant system of claim 16, wherein the insertion tool further comprises a push tube slidably engaged within the needle lumen and slidably engaged about the lead; the push tube including a distal end interfacing with the surface of the anchor to push the anchor.

19. The implant system of claim 15, wherein the lead body further includes a lumen extending therethrough and the tether further extends proximally from the electrode through the lumen.

20. The implant system of claim 15, wherein the tether comprises a portion of the elongated insulated conductor.

21. The implant system of claim 15, wherein the tether is formed of a material selected from the group consisting of nylon, polyester, polypropylene, polyethylene, liquid crystal polymer, silicone and polyurethane.

22. The implant system of claim 19, wherein the tether comprises a polyester fiber cord.

23. The implant system of claim 15, wherein the tether forms a helix in between the electrode and the second end of the tether.

24. The implant system of claim 15, wherein the anchor comprises a bioabsorbable material.

25. The implant system of claim 15, wherein the anchor comprises a member selected from the group consisting of a resilient tine, a substantially spherical member, and a substantially conical member.

26. The implant system of claim 15, wherein:

the insertion tool comprises a stylet including a distal end; and

the surface of the anchor forms a recess receiving the distal end of the stylet.